

ROUTINE USE OF SUGAR-CONTAINING BEVERAGES

(425c)

PARTICIPANT TYPE.....CHILDREN

HIGH RISK.....No

RISK DESCRIPTION:

Routinely feeding a child any sugar-containing fluids such as:

- Soda/soft drinks
- Gelatin water
- Corn syrup solutions
- Sweetened tea

ASK ABOUT:

- Beverages common to a particular culture and/or region
- Oral health status and oral health practices
- Cultural, religious, family, economic, or other influences on beverage

NUTRITION COUNSELING/EDUCATION TOPICS:

- Abundant epidemiologic evidence shows that sugar, especially sucrose, is the major dietary factor affecting dental caries prevalence and progression. Consumption of foods and beverages high in fermentable carbohydrates, such as sucrose, increase the risk of early childhood caries and tooth decay.
- Young children need nutrient-dense foods for proper growth. Routinely feeding sugar-containing fluids that are low in essential nutrients can reduce the child's intake of appropriate nutrient-dense foods and cause anemia, poor growth, and tooth decay. Sugar-containing beverages should be limited in the diets of young children.
- Offer low-fat milk/fat-free milk as the mealtime beverage (for 2-5 year olds) and whole milk as the mealtime beverage for 1 year-olds.
- Review age-appropriate oral health practices.

POSSIBLE REFERRALS:

- If the child has visible tooth decay, parent reports tooth decay or you suspect the infant could have early stages of tooth decay, refer to a local dental office, the local public health department (public health hygienists) or Health Tracks (if on medical assistance) for additional screening and referral. More information about oral health services in ND can be found at <http://www.ndhealth.gov/oralhealth/>.

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